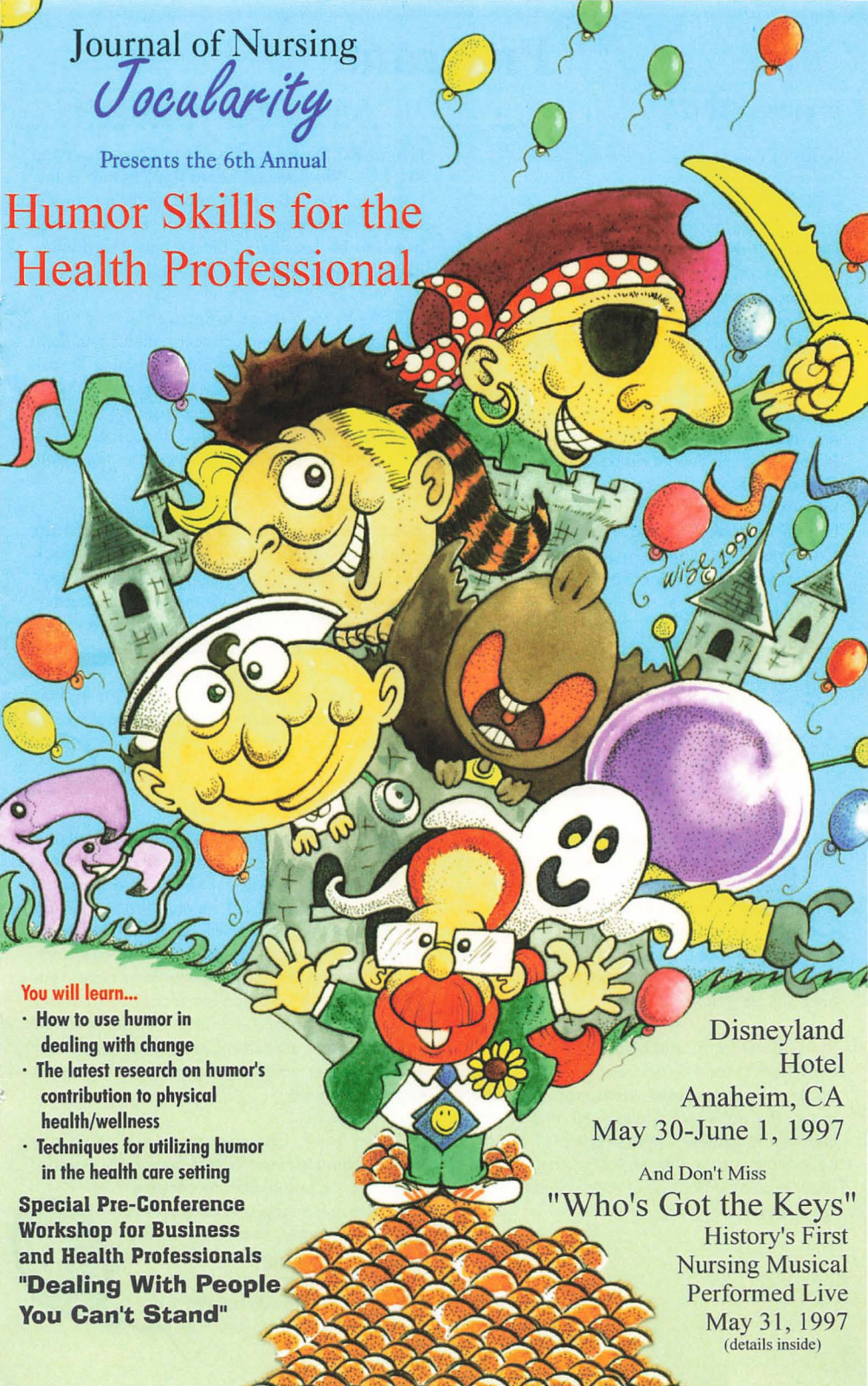


Journal of Nursing  
*Jocularity*

Presents the 6th Annual

# Humor Skills for the Health Professional



**You will learn...**

- How to use humor in dealing with change
- The latest research on humor's contribution to physical health/wellness
- Techniques for utilizing humor in the health care setting

**Special Pre-Conference  
Workshop for Business  
and Health Professionals  
"Dealing With People  
You Can't Stand"**

Disneyland  
Hotel  
Anaheim, CA  
May 30-June 1, 1997

And Don't Miss

**"Who's Got the Keys"**  
History's First  
Nursing Musical  
Performed Live  
May 31, 1997  
(details inside)

# Program

Friday May 30, 1997

8:00-9:00 a.m. Pre-Conference Registration

9:00 a.m.-3:30 p.m.

Pre-Conference Workshop (Optional)

Dealing With People You Can't Stand: Rick Brinkman, ND and Rick Kirschner, ND - Everyone has people they can't stand. In an entertaining and lighthearted manner Dr.'s Brinkman and Kirschner will take you on a journey of understanding why people act the way they do and what to do about it. You will learn specific skills to deal with Whiners, No People, Yes People, Maybe People, Nothing People, Tanks, Snipers, Grenades, Know It Alls and Think They Know It Alls. The program is based on their best selling book: "Dealing With People You Can't Stand" published by McGraw Hill. Guaranteed to be educational and entertaining.

Saturday, May 31

7:45 - 8:45 a.m. Main Conference Registration

8:45 - 9:00 a.m. Introduction

9:00 - 9:30 a.m. Nurse Kindheart Gives Report:

a.k.a. Patty Wooten, BSN - Nurse Kindheart will present the "plan of care" for participants, indicating patient problems, therapeutic interventions, and expected outcomes. In this comical twist on a familiar format, speakers will be previewed, their topics introduced, and goals for the conference will be clarified.

9:30 - 10:45 a.m. Ain't Nothin' Funny Happening Where I Work: Karyn Buxman, MS, RN - Cutbacks, virulent viruses, demanding docs and more...It's no wonder folks think that humor is almost non-existent where they work. But if you believe the humor is there, you're going to find it. Experience a humorous "attitude adjustment" with Karyn Buxman!

11:15 a.m.-12:30 p.m. Concurrent Sessions

Humor Rx: Dispense with Care: Karyn Buxman, RN, MS - We have all heard that "humor is the best medicine." But even good medicine can be harmful if not taken as directed. Discover what needs to be considered before aimlessly administering humor and wit to patients. C-1

Tumor Humor: Laugh to Recover: Clifford Kuhn, MD - Working with cancer patients and their families often represents frustrating limitations and an overpowering sense of helplessness. This session is focused on the value of humor as a "survival" resource for the health professional committed to this challenge. C-2

Building A Team: Fran Solomon, RN, BSN, MSEd - Based on research from Playfair's newest book Managing to Have Fun, Fran takes a look at ways to structure and rejuvenate the health care environment so that it supports laughter, play and celebration while at the same time increasing productivity, teamwork, health and happiness. Participants will learn how to find more joy in their work lives, more playtime in their personal lives and more laughs at meetings! C-3

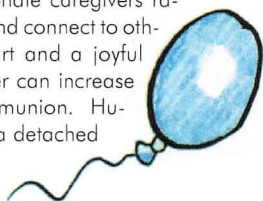
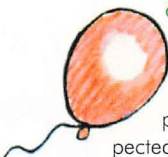
12:30 - 2:00 p.m.

Networking Luncheon (Optional)

This is an opportunity for participants to meet and talk with other conference attendees who share similar humor interests. *This is not a prepared presentation.* Packets of helpful information on the topic of your choice will be available at each table. Join your colleagues for a delicious lunch catered by the staff of the Disneyland Hotel. Attendance at the luncheon is optional and requires a reservation. Space is limited. The fee must be paid in advance when registering for the conference. Please indicate your topic choice on the registration form.

2:00-3:15 p.m. Compassionate Laughter: Connecting Heart to Heart With Humor: Patty Wooten,

RN, BSN - Compassionate caregivers radiate a loving energy and connect to others with an open heart and a joyful spirit. Sharing laughter can increase this intimacy and communion. Humor can also provide a detached





perspective that will protect the caregiver from feeling overwhelmed by the pain and suffering they witness. Learn how the "laughing spirit" can enhance the healing partnership.

**3:45-5:15 p.m. Change:** Donna Strickland, MS, RN, CNS - Using experiential exercises, Donna will teach participants how to use levity in health care to cope with chaos, change and crisis. By the end of this session, you will learn how to ward off "Terminal Professionalism" and recognize the stages of changes and transitions.

**8:00-10:00 p.m. "Who's Got The Keys"**

The Premier Presentation of a new Broadway-style musical. It is the story of a burned out nurse who discovers the real meaning of being a nurse with the help of a maniacal hospital CEO, a cruel medieval cardinal, Florence Nightingale, an evil four-headed HMO monster and a lovable gomer. Filled with song, dance and lots of laughs, "Who's Got The Keys" looks at nursing like it's never been looked at before.

For more information about this musical see page 5 of this brochure or our web site at: <http://www.jocularity.com>.

Sunday June 1, 1997

**8:00-8:30 a.m. Registration**

**8:30-10:00 a.m. Laughter Through Tears:** Clifford Kuhn, MD - Health professionals in this time of dramatic change are particularly challenged by grief. Laughter helps us let go of the old and accept the new. In this presentation you will find appropriate applications for humor in grieving.

**10:30 a.m.-12:00 p.m. Concurrent Sessions**

**Survivor Humor in Disasters:** Laughter and Lessons From the Rubble: Sandy Ritz, RN, MSN, MPH - It's easy to lighten up when things go well. But, disasters happen - often without warning. Learn about Survivor Humor as a way of coping and hoping - so when suddenly in a serious situation, you can lighten up seriously. C-4

**Healing Circles:** Donna Strickland, MS, RN, CNS - Focus will be on the "fluid spirit" definition of humor with an emphasis on the role of connection with others as healing. This powerful and unforgettable program will introduce the role of

ritual, creating sacred circles, and caring. C-5

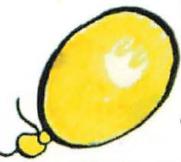
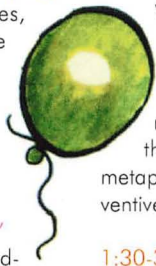
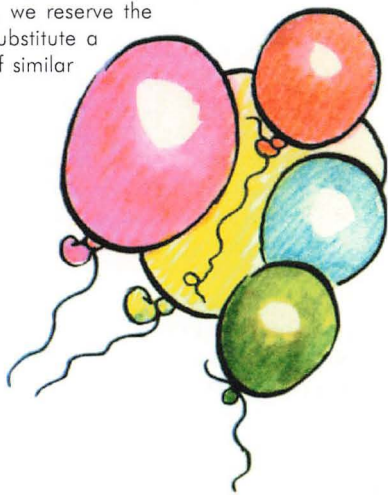
**The Psychoneuroimmunology of Laughter: Not a Distraction but Western Medicine?:** Lee S. Berk, DrPH, MPH and Stanley A. Tan, MD, PhD - Laughter is more than a pleasant distraction. It is Western Medical Science. If you packaged the eustress physiological changes of mirthful laughter into a pill form it would require FDA approval. Learn how current medical research is scientifically verifying that mirthful laughter and other eustress metaphors have significant potential to be preventive. C-6

**1:30-3:00 p.m. Stress For Success:** Fran Solomon, RN - In this program, participants will learn how to recognize burnout, learn what to do about it and most importantly, learn how to keep their perspective with a sense of humor. Fran teaches that laughter and positive emotions can help us recover more quickly from stress-related illness and help us live longer, healthier lives. When you can't fight or flee...learn to flow.

**3:00-3:30 p.m. The Perils of Nancy Nurse:** a.k.a. Patty Wooten, BSN - Bedecked with a bedpan, irrigation equipment and other gear for nursing combat, Nancy Nurse delights audiences with her comic antics and hilarious stories. Nancy's ability to turn burnout into laughter clearly illustrates that laughter is good medicine.

**3:30-3:45 p.m. Closing**

In the unlikely event that change becomes necessary, we reserve the right to substitute a speaker of similar quality.



# Faculty

## Lee S. Berk, DrPH, MPH, FACSM

is Assistant Research Professor of Pathology and Laboratory Medicine, Assistant Professor Preventive Medicine and Assistant Professor Health Promotion and Education at Loma Linda University Schools of Medicine. He is Research Director of Oak Crest Health Research Institute, a psychoneuroimmunology research center. He is a pioneer researcher and author on the effects of laughter and exercise on the neuroendocrine and immune systems.

## Rick Brinkman, ND & Rick Kirschner, ND

are holistic physicians who specialize in counseling. They discovered that the quality of life is directly proportional to the quality of your relationships. They have been teaching communication since 1980 and speak to over 40,000 people a year worldwide. They are the authors of the best selling book "Dealing with People You Can't Stand" published by McGraw Hill. They have been featured on the CNN morning news and 170 radio programs around the country.

## Karyn Buxman, RN, MS

has over 15 years of nursing experience. Karyn's area of research in graduate school was humor and its relationship to health with an emphasis on Humor Rooms. She is a leading national expert in therapeutic humor, VP and contributing editor of JNJ, producer of several video and audio tapes, and co-editor of Nursing Perspectives on Humor.

## Clifford Kuhn, MD

is a Professor of Psychiatry at the University of Louisville School of Medicine. His work as a performing comedian has provided an interesting perspective for his research into healthy humor techniques and interventions.

## Sandy Ritz, RN, MSN, MPH

is a doctoral candidate at the University of Hawaii and is known internationally for her innovative research on humor used by survivors of major disasters. She is a legal nurse consultant, comic actress, published cartoonist, and frequent speaker on humor.

## Fran Solomon, RN, BA, BSN, MSED,

is Senior Vice-Empress of Playfair, Inc., a humor consultation company. She has a Master's degree in Education and a Bachelor's in Theater as well as being a Registered Nurse. Fran is also a singer and songwriter and her CD, Woman in the Moon, is now available on Steep Ravine Records.

## Donna Strickland, RN, MS, CNS

speaks nationally on humor, managing organizational transitions, team building and has a special interest in caring and healing. She produces audio and videocassette programs, and has authored numerous articles and the newsletter, "Mirth & Meaning, Humor and Healing in Transition and Change."

## Stanley A. Tan, MD, PhD, MPH

is Assistant Professor of Medicine and Emergency Medicine, Loma Linda University School of Medicine. He is Medical Director of Oak Crest Health Research Institute, a psychoneuroimmunology research center. Dr. Tan is also a Fellow of the American College of Endocrinology. A pioneer researcher and author on the effects of laughter and exercise on the neuroendocrine system.

## Patty Wooten, BSN

has been active in the humor movement for over ten years. She is author of two books about humor and health, is a featured columnist for the Journal of Nursing Jocularly and past president of the American Association for Therapeutic Humor.

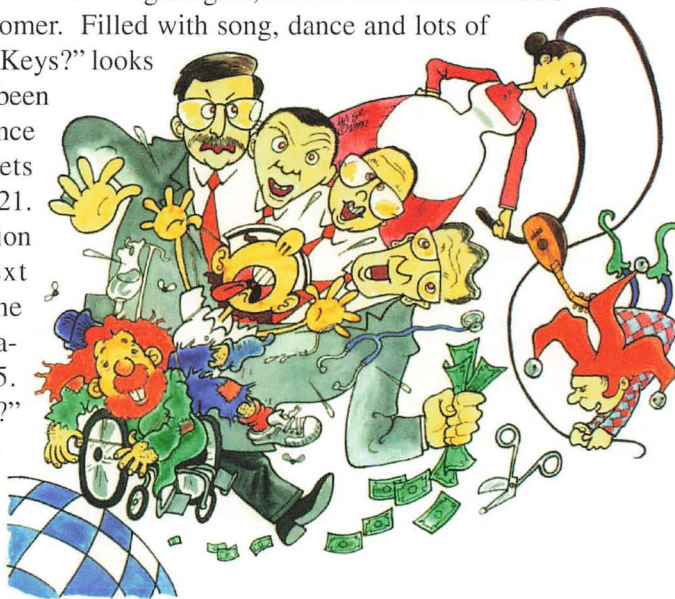
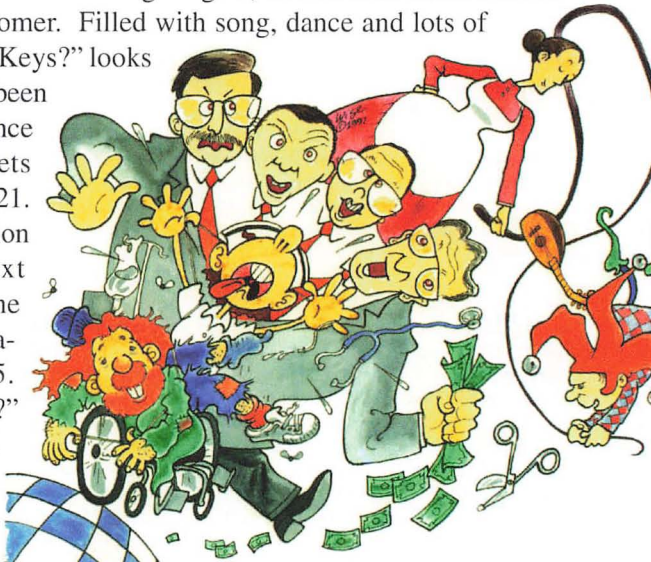




# Who's Got The Keys?

# A Musical About Health Care and Nursing!

"Who's Got The Keys?" is a Broadway-Style Musical with a cast of 20 singing, dancing health professionals. It is the story of a burned-out nurse who discovers the real meaning of being a nurse with the help of a maniacal hospital CEO, a cruel medieval cardinal, Florence Nightingale, an evil four-headed HMO monster and a lovable gomer. Filled with song, dance and lots of laughs, "Who's Got The Keys?" looks at nursing like it's never been looked at before. Advance general admission tickets are available now for \$21. You can use the registration order form on the next page, or order by phone from the Jocular Catalog at 602-835-6165. "Who's Got The Keys?" will be videotaped and available through the Jocular Catalog in July, 1997.



The song “Las Llaves” is the first single released from our musical. “Las Llaves” is Spanish for “the keys.” The line dance that goes along with the song is a little thing nurses have been doing for years whenever anyone asks “Who’s got the keys?” (referring, of course, to the keys to the narcotics box). The single is available on CD from the Jocularly Catalog for \$5.00 plus \$2.00 shipping. The dance steps are included with each CD. You can order by phone at 602-835-6165, Monday through Friday, between 9:00 am and 3:00 pm MST or send check or money order to: **Jocularly Catalog, P.O. Box 40129, Mesa, AZ 85274.**

# The World Premier Presentation!

8:00 pm, May 31, 1997 at the Disneyland Hotel

## Don't Miss This One in a Lifetime Opportunity

see <http://www.jocularity.com/llaves.html> for more information

# Registration Information

## Accreditation

The Humor Skills for the Health Professional conference is sponsored by the Journal of Nursing Jocularly. Provider approved by the Arizona Nurses' Association, ID Number 348-95, for 5.1 contact hours of continuing education in nursing for the pre-conference workshop and 12.3 contact hours of continuing education in nursing for the main conference. The Arizona Nurses' Association is accredited as an approver of continuing education in nursing by the American Nurses' Credentialing Center (ANCC) Commission on Accreditation. The Journal of Nursing Jocularly is also a Continuing Education Provider for the State of California, Provider No. CEP 10723.

## Hotel Lodging

This year's Humor Skills for the Health Professional will be held at the Disneyland Hotel in Anaheim, California. Discover resort pleasures in 60 tropical areas while enjoying pedal boats, waterfalls and even a beach. The complex includes three pools, Team Mickey's Workout center, six lounges and Disney gift shops. With Disneyland just a monorail ride away, you'll have plenty of opportunity to roam through eight themed lands, thrill to over 60 attractions and enjoy shows and entertainment.

We have arranged special hotel rates of \$105/single, \$120/double, \$135/triple and \$150/quad per night. There is no charge for children age 17 and younger staying in the same room as parents. You may also opt to upgrade your room accommodations, ask for prices when you call. Remember to mention the "Humor Skills for the Health Professional" conference when placing your reservations to receive the special rates. Rooms are available at these rates until May 7, 1997. After that time, availability may be limited. Call the Disneyland Hotel for reservations at 714-956-6425.

## Disneyland Tickets - Special Rate

For our guests staying at the Disneyland Hotel we have arranged a very special rate to get into Disneyland. **A 5 day pass, good from May 29 through June 2 is only \$35 per person.** You will need to provide us with your hotel reservation confirmation number to order these tickets.

## Roommates

If you would like our assistance in finding you a roommate for your stay at the Disneyland Hotel, please check the box on the registration form. We will provide you with the name and number of another person who is also looking for a roommate. We will do our best to accommodate your needs but in no way guarantee that you will be matched with someone to share a room with.

## Parking

We have negotiated a special parking rate at the Disneyland Hotel for the length of the conference. Both registered guests and drive-on guests may park for \$10 per day, valet parking for \$14 per day.

## Transportation

Airport shuttle bus services are available to provide direct service to the hotel. The Disneyland Hotel is 12 miles from the Orange County (John Wayne) Airport, 26 miles from the Long Beach Airport, 31 miles from Ontario Airport and 45 miles from Los Angeles International Airport.

## Volunteer Scholarships

We need a limited number of people to assist at the conference. We are looking for "fun oriented folks" who want to exchange their time or talents for conference admission. Besides registration and usher duties, we need clowns, jugglers, face painters, and any other talents that will fit into our fun atmosphere. To apply, send a self-addressed, stamped #10 envelope to JNJ-Volunteer Services, P.O. Box 40416, Mesa, AZ 85274. We will send you the complete application. Our Volunteer Scholarship includes attendance to the Pre-Conference Workshop, the Humor Skills Conference, the Networking Luncheon, the Jocularly Show and a Friday dinner buffet (\$315 value). There is a \$70 nonrefundable processing fee if you are accepted (Please do not send this fee with your application). To be a volunteer, you **MUST** be able to attend the entire conference, including a meeting the evening of May 29. Requests for Volunteer Scholarship Applications must be received by March 9.

## Humor Project Scholarship

The Journal of Nursing Jocularly will be giving a \$500 scholarship to a hospital, organization, or individual that is planning to implement some type of humor project in their hospital or organization. The scholarship will also include admission to the Humor Skills for the Health Professional Conference. If you are interested in this scholarship please write to: JNJ Scholarship, P.O. Box 40416, Mesa, AZ 85274. Completed applications must be received by April 16, 1997.

## Clothing

We recommend that you dress comfortably and casually and bring a jacket or sweater as meeting room temperatures are often unpredictable. Funny accessories (hats, buttons, noses, etc.) are welcome.

## Cancellation:

All cancellations must be made to Journal of Nursing Jocularly and confirmed in writing. A \$20 non-refundable processing fee will be assessed on cancellations received prior to May 4. Refund requests received after May 4 are subject to a \$40 processing fee. No refunds will be made for cancellations received after May 26, 1997 or for no-shows. If the Humor Skills conference is canceled, you will receive a full refund. If the Humor Skills conference is canceled, you will receive a full refund.

*This is a professional conference for continuing education. Out of respect to other conference attendees we request that babies and children not be brought into the conference sessions.*



# Conference Registration Form

Send your payment in U.S. funds only to:  
JNJ Humor Skills, P.O. Box 40129, Mesa, AZ 85274  
You can register by phone, by calling 602-835-6165.

Name \_\_\_\_\_ Title (RN, LVN...) \_\_\_\_\_

Home Address\* \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Nursing License No. (for CEU's) \_\_\_\_\_

\*We ask for a home address to insure you receive your confirmation letter.

	Regular Fee	Discount Fee*
Complete Humor Skills Conference & Pre-Conference Workshop (Fri.-Sun.)	\$ 269	\$ 239*
Humor Skills Main Conference (Sat.-Sun.)	\$ 204	\$ 184*
Pre-Conference Workshop Only (Fri.)	\$ 90	\$ 80
Who's Got the Keys?(optional) (Sat. Eve.)	\$ 21	
Networking Luncheon (optional) (Sat.)	\$ 25	
5 Day Disneyland passes, good May 29 through June 2		\$35
Total Disneyland passes _____ Disneyland Hotel Confirmation # _____		
Total Payment		

\*Postmarked by April 13 or when 3 or more register and pay together.

Please contact us about special rates for groups of 10 or more.

M/C ☐ Visa ☐ Discover ☐ Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature (for credit card orders) \_\_\_\_\_

Concurrent Sessions: Please circle the number of the concurrent sessions that you plan to attend (one per section). See the "Program" section of brochure for session choices.

Saturday Morning   C-1   C-2   C-3   Sunday Morning   C-4   C-5   C-6

The Networking Luncheon will take place on Saturday, May 31. See the "Program" section of brochure for information about the luncheon. If you have checked the Networking Luncheon above, please select one topic of interest.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Humor Rooms   | <input type="checkbox"/> Humor Carts           | <input type="checkbox"/> Humor baskets               |
| <input type="checkbox"/> Bedside Magic | <input type="checkbox"/> Humor Bulletin Boards | <input type="checkbox"/> Humor & Nursing Instructors |
| <input type="checkbox"/> Humor Library | <input type="checkbox"/> Caring clowns         | <input type="checkbox"/> Humor & Hospice/ECF         |

For Networking Luncheon please inform us of any special dietary needs \_\_\_\_\_

We have received a discounted flat rate for daytime parking. Will you be commuting to the conference each day and need parking? ☐ yes ☐ no

- |   |                                  |                                      |
|---|----------------------------------|--------------------------------------|
| <input type="checkbox"/> I would like assistance finding a room mate. | <input type="checkbox"/> smoking | <input type="checkbox"/> non-smoking |
|   | <input type="checkbox"/> female  | <input type="checkbox"/> male        |

☐ Sounds like lots of fun. Please send me \_\_\_\_\_ additional flyers for my colleagues and friends.

Registration forms with payment should be received before May 19. After May 19, please contact us at 602-835-6165 to insure availability.

## COMMENTS FROM PAST HUMOR SKILLS CONFERENCES!



**Best CEU's I've ever earned.** – Norma Emrick, RN

**This is a conference that every nurse should attend!** I had no idea what this was all about when I registered, I just knew that there wasn't very much humor at my work place lately. What an uplift. – Kathy Schmidt, BSN, CRNFA

**Material is very poignant and important in health care.** As health care goes through many changes, it is refreshing to have some different ways to deal with an often depressing situation. Laughter is the healer of many wounds, and is a welcome addition to health care. – Ray Yeatts, RN

**I now have the tools to go back to work and boost morale** and help my patients to "cope" and "hope" through humor. I, too, have a more positive outlook. – Michelle Santillo, RN, CNOR

**I came to get "easy" CEU's not related to nursing - boy was I wrong!** I had so much fun...and this is most definitely nursing related. I have been informed, educated, challenged and motivated. – Joann Tilney-Hughes, RNC

**This conference gets a 4 star rating from me.** It's the best I've ever been to. This year I came alone, next year I'll be sure to bring several people with me. Before coming to this conference I was looking for a way to get out of nursing, but now I'm looking at a way to get back into it. – Deborah Di Fulvio, RN

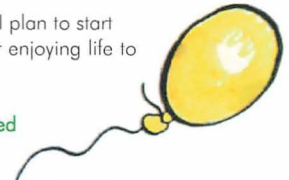
**The best conference I have ever attended.** The only one I have stayed for till the end. – Peggy Schemm, BSN, CEN

**This was a wonderful weekend.** Thanks for all the sharing of great ideas and concepts. This is really what health reform should consider! – Barbara Raymond, RN

**It was great, wonderful, enriching,** and I want to be a nurse again. – Marj Salmonsens, RN

**I have never enjoyed any conference this much.** I plan to start today, implementing the tools you've given me for enjoying life to its fullest. – Vickie Pedzwater, RN, CNOR

**This conference was both nothing I'd ever expected and everything I'd hoped for.** – Denise Klein, RN



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## Journal of Nursing Jocularity

P.O. Box 40129  
Mesa, AZ 85274  
(602) 835-6165

**Mark Your Calendar For**  
**Humor Skills for the Health Professional Conference**

Anaheim, California, May 30 - June 1, 1997

<http://www.jocularity.com>

**Please Post At Work!**